

ANGER MACHINES

Materials: Mixed media: Clay, pom-poms, pipe cleaners, confetti, tissue paper, markers, etc...

Procedure:

- 1) Break into small groups and create a machine that deals with anger in an ideal way. It can be totally realistic or fantastical, even silly.
- 2) Present the invention to the larger group in a commercial format. Assign a cost to the item and highlight the benefits.
- 3) Process anger coping. Explore differences between ideal and real reactions to the emotion. Explore how individual coping skills can be used together to build an internal "structure" that is customized to deal with anger.

Rationale: Discuss commonalities and differences among group members in their reactions to anger.